

Concord Hospital Out-Patient/Community Fall Risk Team

Debra Samaha R.N.

Concord Hospital Injury Prevention
Coordinator

Team Members

- Hospital Injury Prevention Coordinator
- Director of Center for Health Promotion
- Director of Out-Patient Rehabilitation
- Clinical Leader Out-Patient Rehabilitation
- Concord Regional VNA Community Outreach Coordinator
- Concord Regional VNA Home Care Clinical Manager
- Pharmacist
- Emergency Department Clinical Leader
- Quality Assurance

Project AIM Statement

Increase knowledge of falls risk reduction strategies to a targeted senior and high-risk population in Concord. The primary focus for the nine-month project will involve the Crutchfield Housing Facility.

Additionally we will:

- Create new patient education materials to increase community awareness for falls risk reduction strategies
- Raise awareness for Falls Risk and strategies to address Falls Risk with Primary Care Providers

Why the additional goals?

- We had no Concord Hospital specific materials regarding falls
- We had no process in place for linking with Primary Care Providers regarding fall incidents with these high risk residents.

Why did we choose Crutchfield as our target?

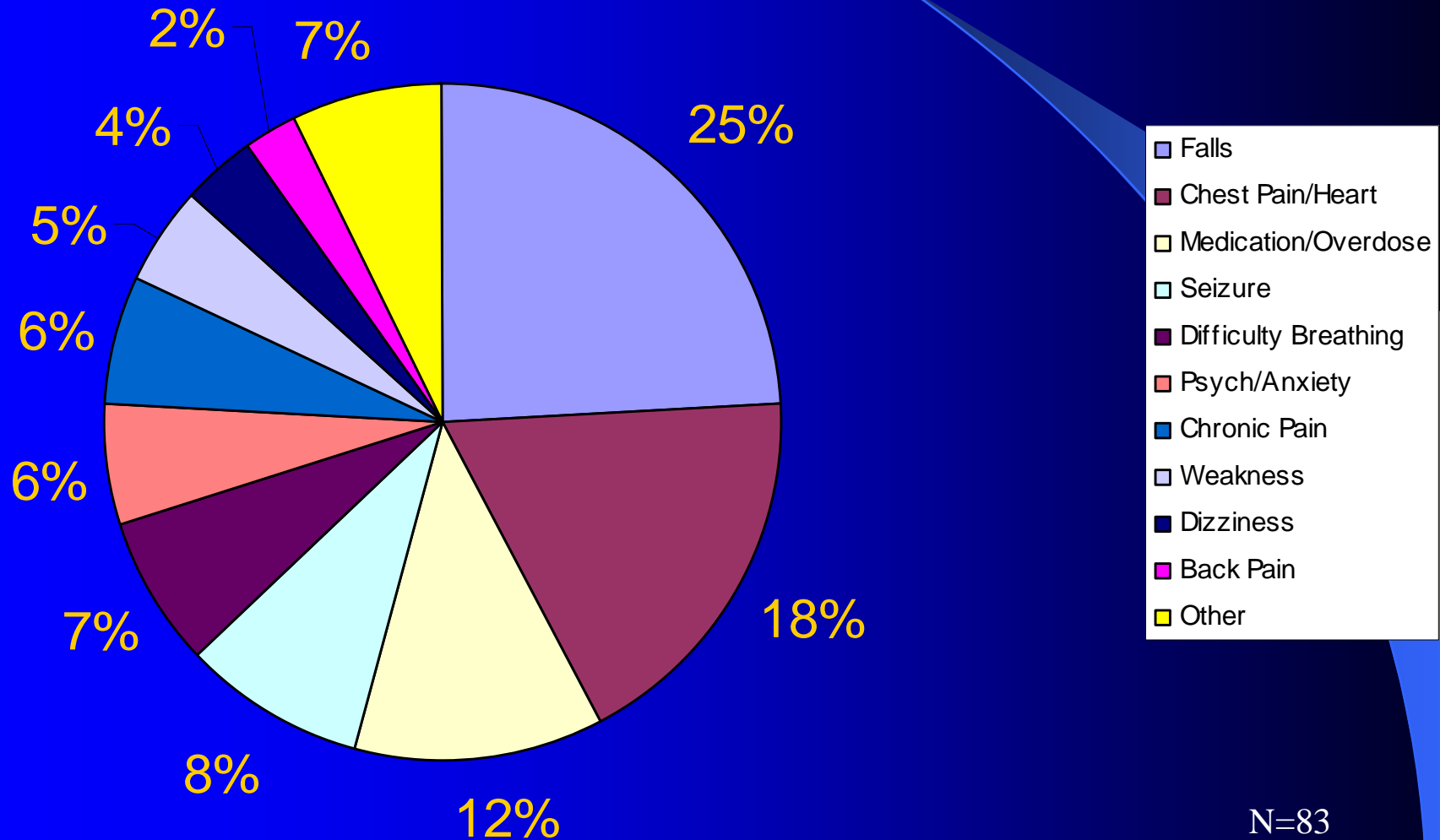
- Concerns regarding number of residents falling
- Concerns regarding frequency of EMS runs to Crutchfield
- Concerns of increasing social isolation of residents
- Concerns of frailty of residents
- Concerns regarding the lack of physical activity options for residents

What did we do first?

- Collected EMS run data from Concord Fire Department to Crutchfield Building for one year
- Shared data with Concord Fire Administration and requested that they partner with us on this project
- Began conversations with partners on how we could make some changes

Concord Fire EMS Runs to Crutchfield

4/04-3/05



Next?

- Explored creating a relationship/partnership with Franklin Pierce College Physical Therapy Faculty and Students
- Explored creating a MOU between Housing Authority and Concord Regional VNA
- Created mechanisms for organizations to talk to each other about our clients and explored HIPPA concerns

Balance and Strength Training Class

- Initiated 3 screening events
- Ran 3 sessions of balance and strength training classes
- Pre and post testing of Geriatric Depression Scale, ABC, BERG, TUG
- 8 week program, 2 sessions/week, 60 min. incorporating 10 min. educational session
- Independent summer walking program

Materials Created for Project:

- Tips to Stay Strong and Independent Brochure
- Falls and Pharmacy Brochure
- Posters
- Medical Release and Screening Documents
- Walking Logs/ Pedometers for residents
- Franklin Pierce Students created educational packets and brochure for participants
- Falls Risk Reduction Packet for all residents of building
- Draft ED Discharge Instructions
- Community Footwear Recommendations
- Concord Fire Referral Card

Concord Fire Referral Card

Front of card

Permission for Home Care Referral

I hereby give permission for the Concord Fire Department to make a Home Care Referral to Concord Regional VNA on my behalf.



Signature _____

DATE _____



Back of card

Concord Area Services

Concord Regional VNA 224-4093
NH Helpline 800-852-3388
ServiceLink 228-6625
Riverbend Elder Services 228-2101
Meals on Wheels 225-3295
NH Elderly & Adult Svc. 271-3610

Centricity Link

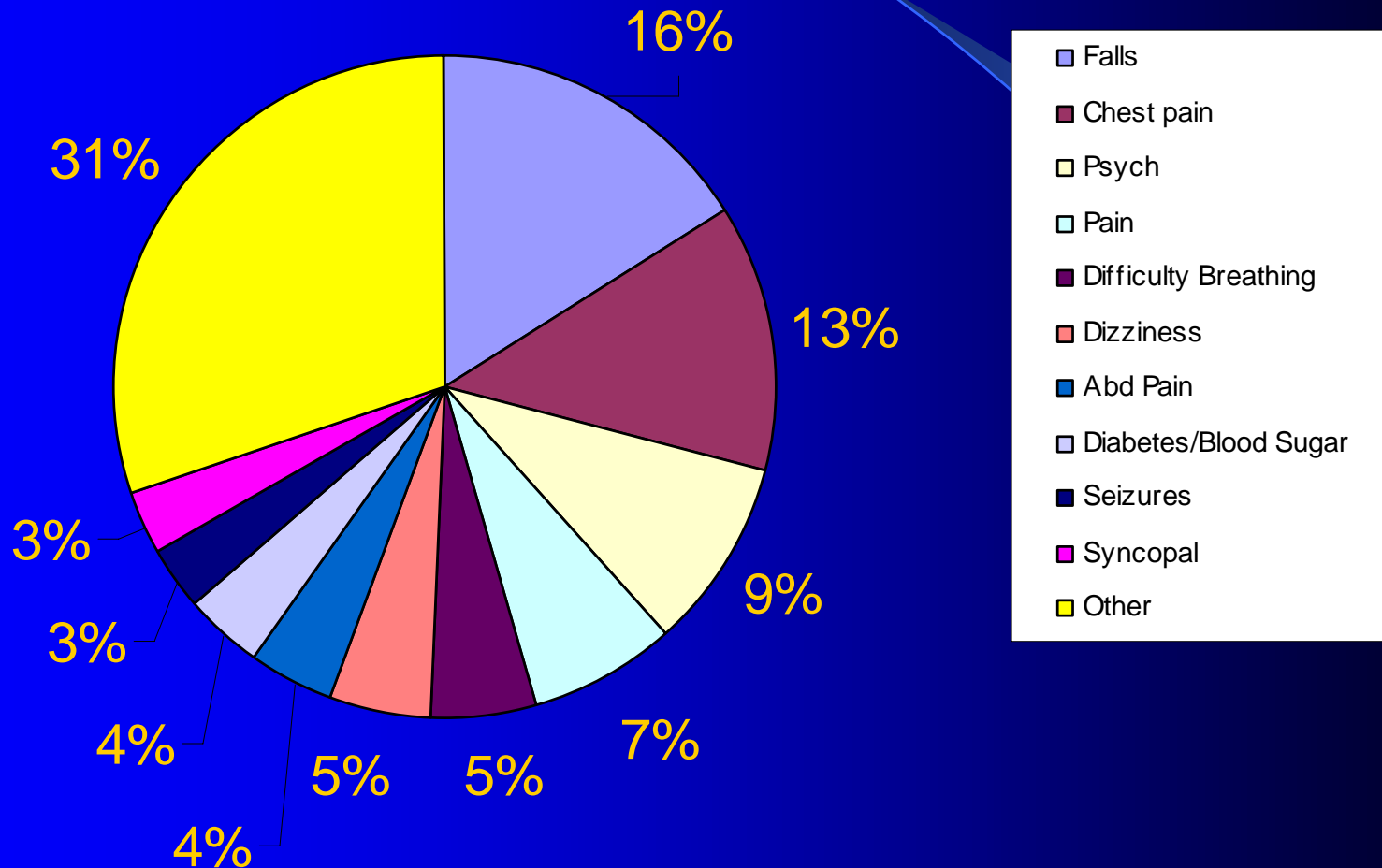
- Currently working with our hospital to incorporate falls risk screen into new geriatric assessment located in electronic medical record
- Working with physician leaders to increase awareness with colleagues on falls risk assessments and resources

Concord Regional VNA

- Created MOU with housing facility
- Participated in screening events at facility
- Created algorithm for process involving Concord Fire referral
- Created educational PowerPoint for Health Care Providers at Concord Regional VNA and presented at Nurse Practitioner Conference
- Did 2 falls prevention presentations to area EMS Providers
- Assisted with publicity for events
- Facilitated several community balance screens and educational falls risk reduction sessions

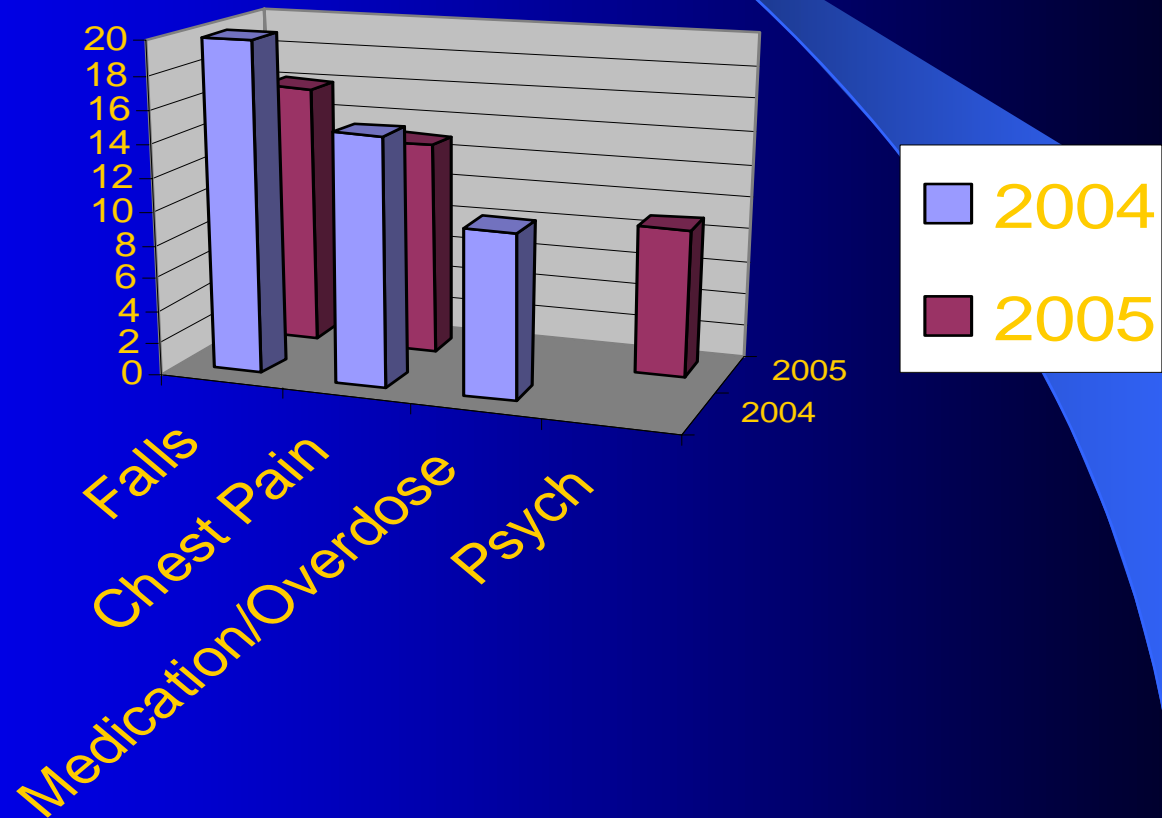
Concord Fire EMS Runs to Crutchfield

1/05-12/05



N=99

Top Three Leading Causes of EMS Runs to Crutchfield 2004 and 2005



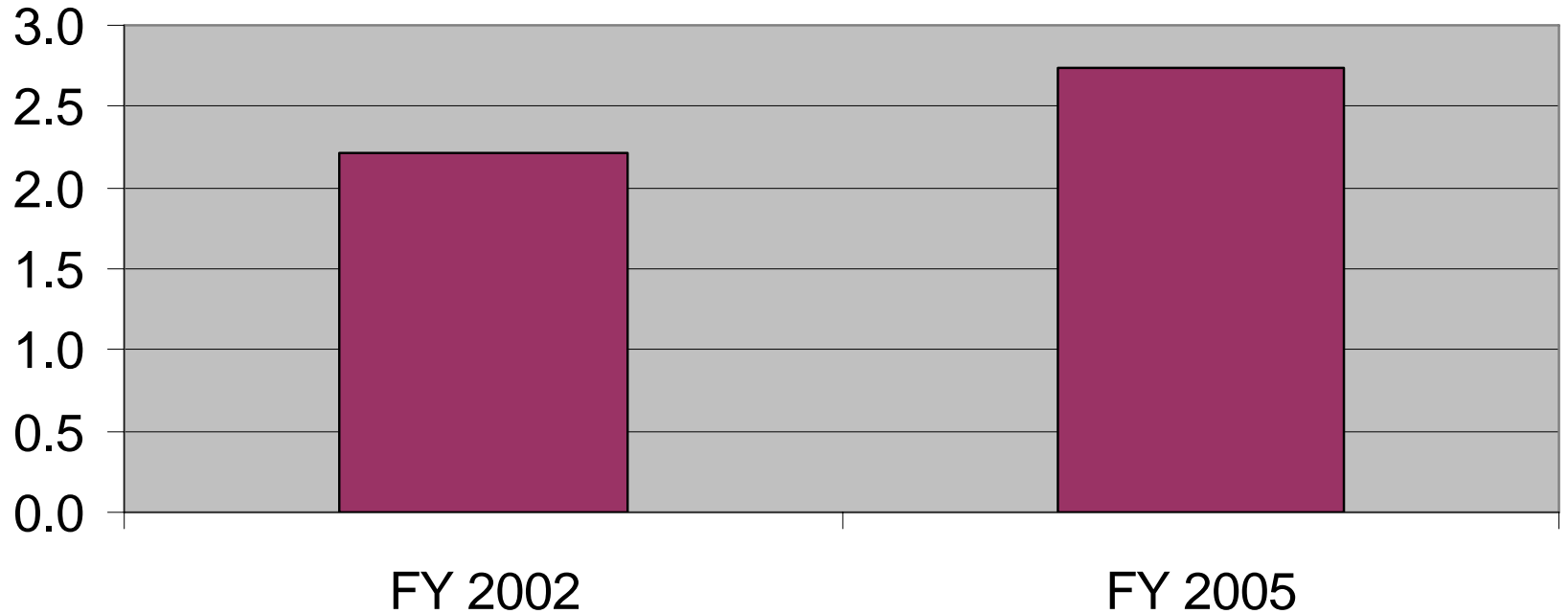
Successes

- Enhanced relationship between providers with in Capital Region Health Care
- Enhanced relationship with Concord Fire Department
- New relationship with Franklin Pierce College of Physical Therapy. They want to build this class into their curriculum.
- Expanded relationship with Concord Housing Authority Administration and residents
- Input requested regarding falls risk in EMR
- New educational and awareness materials created

Reality Check

- Need to continually foster relationships to keep building initiative
- Being patient and receptive to partners as not much goes as planned and priorities change
- Track data and reflect back to partners

Change in Fall Rate/100 for MCP at CH



What is the current trend?

Where do we go from here?

- Share data and project with partners to keep them updated and involved
- Keep building on project and expand to additional sites when feasible
- Seek out additional funding for falls risk reduction strategies
- Stay connected!